

Stir Fry Mixed Vegetables

Chef: Vivian Chung

Ingredients:

2 Celery (Sliced)

1 Carrot (Peeled and Sliced)

1 Yellow Squash (Peeled and Sliced)

1 ½ Tbs Vegetable Oil

1 Green Zucchini (Peeled and Sliced)

½ Tbs Brown Sugar

3 Broccoli Stalks (Cut by “Crowns”)

2 Tsp Soy Sauce

1 Red Pepper (Diced)

2 Tsp Corn starch Solution

10 Pcs Mushroom Caps (Cut into 1/4's)

3 Sliced Pcs of Gingers

1 Tbs Sesame Oil

1 ½ Tbs Vegetarian Oyster Sauce



1 Cup water

¼ Cup Chinese Preserved Vegetable

Instructions:

- 1) Heat skillet or wok, add 1 ½ tbs Veggie oil and waiting for oil to heat up then add ginger.
- 2) Add mushrooms and carrot stir fry along with ginger for about a min
- 3) Add soy sauce and sugar and stir
- 4) Add celery, broccoli crowns, squashi, zucchini, and one cup of water stir for about 5 mins or until color of veggies turn brighter.
- 5) Add vegetable oyster sauce, sesame oil and corn starch solution.
- 6) Finally add red pepper and preserved vegetables and stir for 30 seconds and serve.